Amendments to the Claims:

This listing of claims replaces all prior versions and listings of claims in the application:

Listing of Claims:

1-89. (Cancelled)

90. (Previously presented) A method of delivering energy to contract tissue, the method comprising:

providing an energy delivery device including a distal portion having a thermally conductive material and a sensor completely enclosed by the thermally conductive material, the sensor being positioned within the thermally conductive material to detect a thermal energy from the selected site and from an adjacent fluid medium;

delivering sufficient energy with the distal portion of the energy delivery device to a selected site to effect a contraction of collagen in at least a portion of collagen containing tissue at the selected site;

producing a thermal feedback signal which represents a composite of the thermal energy detected from the selected site of the collagen containing tissue and from the adjacent fluid medium with the sensor; and

adjusting a level of energy delivered by the energy delivery device to at least the portion of the selected site based on the thermal feedback signal,

wherein delivering sufficient energy to the selected site to effect a contraction in at least a portion of collagen containing tissue at the selected site causes fluid medium in a vicinity of the portion of collagen containing tissue to increase in thermal energy, and the method further comprises:

moving the energy delivery device to a second selected site in the collagen containing tissue after delivering sufficient energy to the selected site, the second selected site being directly adjacent or overlapping with the selected site; and

moving the energy delivery device back toward the portion of collagen containing tissue at the selected site, after moving away, and sensing an elevated composite temperature due to the increased thermal energy in the fluid medium.

91. (Previously presented) The method of claim 90, wherein at least part of the increased thermal energy in the fluid medium is dispersed through the fluid medium.

92. (Previously presented) The method of claim 90, wherein delivering an adjusted level of energy comprises delivering a lower level of energy to reduce overheating of the previously heated portion of collagen containing tissue, the lower level of energy being based on the elevated composite temperature that was sensed.

93. (Previously presented) A method of delivering energy to contract tissue, the method comprising:

providing an energy delivery device including a distal portion having a thermally conductive material and a sensor completely enclosed by the thermally conductive material, the sensor being positioned within the thermally conductive material to detect a thermal energy from a selected site and from an adjacent fluid medium;

delivering sufficient energy with the distal portion of the energy delivery device to a first selected site to effect a contraction of collagen in at least a portion of collagen containing tissue at the first selected site;

delivering sufficient energy with the distal portion of the energy delivery device to a second selected site that is directly adjacent or overlapping the first selected site;

producing a thermal feedback signal which represents a composite of the thermal energy detected from the second selected site of the collagen containing tissue and from the adjacent fluid medium with the sensor; and

adjusting a level of energy delivered by the energy delivery device to at least the portion of the second selected site based on the thermal feedback signal.

94. (Cancelled).

95. (Previously presented) The method of claim 90 wherein providing the energy delivery device comprises providing an energy delivery device including a thermal insulator positioned at least partially around an exterior surface of the energy delivery device.

96. (Previously presented) The method of claim 90 wherein providing the energy delivery device comprises providing at least one of an RF energy delivery device coupled to an RF energy source, a resistive heating element coupled to a resistive hearing source, and a microwave probe coupled to a microwave source.

97. (Previously presented) The method of claim 90 wherein adjusting a level of energy delivered by the energy delivery device to at least the portion of the selected site based on the thermal feedback signal comprises adjusting how deeply within at least the portion of the selected site the contractions are effected based on the thermal feedback signal.

98. (Previously presented) The method of claim 93 wherein providing the energy delivery device comprises providing an energy delivery device including a thermal insulator positioned at least partially around an exterior surface of the energy delivery device.

99. (Previously presented) The method of claim 93 wherein providing the energy delivery device comprises providing at least one of an RF energy delivery device coupled to an RF energy source, a resistive heating element coupled to a resistive hearing source, and a microwave probe coupled to a microwave source.

100. (Previously presented) The method of claim 93 wherein adjusting a level of energy delivered by the energy delivery device to at least the portion of the selected sites based on the thermal feedback signal comprises adjusting how deeply within at least the portion of the selected sites the contractions are effected based on the thermal feedback signal.

101. (Previously presented) The method of claim 90 wherein the body region is a joint.

102. (Previously presented) The method of claim 90 wherein the collagen containing tissue comprises soft tissue of a joint.

103. (Previously presented) The method of claim 90 wherein the collagen containing tissue comprises one of a ligament, a joint capsule, or a tendon.

104. (Previously presented) The method of claim 93 wherein the body region is a joint.

105. (Previously presented) The method of claim 93 wherein the collagen containing tissue comprises soft tissue of a joint.

106. (Previously presented) The method of claim 93 wherein the collagen containing tissue comprises one of a ligament, a joint capsule, or a tendon.

107. (Previously presented) A method of delivering energy to contract tissue, the method comprising:

providing an energy delivery device including a distal portion having a thermally conductive material and a sensor completely enclosed by the thermally conductive material, the sensor being positioned within the thermally conductive material to detect a thermal energy from the selected site and from an adjacent fluid medium;

delivering sufficient energy with the distal portion of the energy delivery device to a joint to effect a contraction of collagen in at least a portion of collagen containing tissue at the joint;

contacting a selected site in at least the portion of collagen containing tissue at the joint to which sufficient energy has previously been delivered;

producing a thermal feedback signal which represents a composite of the thermal energy detected from the selected site and from the adjacent fluid medium with the sensor; and

adjusting a level of energy delivered by the energy delivery device to at least the portion of the selected site based on the thermal feedback signal.

108. (Previously presented) The method of claim 107 wherein delivering sufficient energy to the selected site to effect a contraction in at least a portion of collagen containing tissue at the selected site causes fluid medium in a vicinity of the portion of collagen containing tissue to increase in thermal energy.

109. (Canceled).

110. (Previously presented) The method of claim 107 wherein the collagen containing tissue comprises one of a ligament, a joint capsule, or a tendon.

111. (Canceled).

112. (Previously presented) A method of delivering energy to contract tissue, the method comprising:

providing an energy delivery device including a distal portion having a thermally conductive material and a sensor completely enclosed by the thermally conductive material, the sensor being positioned within the thermally conductive material to detect a thermal energy from the selected site and from an adjacent fluid medium;

delivering sufficient energy with the distal portion of the energy delivery device to a selected site selected from the group consisting of tendons, ligaments, and joint capsules to effect a contraction of collagen in at least a portion of collagen containing tissue at the selected site;

producing a thermal feedback signal which represents a composite of the thermal energy detected from the selected site of the collagen containing tissue and from the adjacent fluid medium with the sensor; and

adjusting a level of energy delivered by the energy delivery device to at least the portion of the selected site based on the thermal feedback signal,

wherein delivering sufficient energy to the selected site to effect a contraction in at least a portion of collagen containing tissue at the selected site causes fluid medium in a vicinity of the portion of collagen containing tissue to increase in thermal energy, and the method further comprises:

moving the energy delivery device to a second selected site after delivering sufficient energy to the selected site, the second selected site being directly adjacent or overlapping with the selected site; and

moving the energy delivery device back toward the portion of collagen containing tissue at the selected site, after moving away, and sensing an elevated composite temperature due to the increased thermal energy in the fluid medium.

113. (Cancelled).

114. (Previously presented) The method of claim 112 wherein delivering sufficient energy to the selected site comprises maintaining the distal portion of the energy delivery device at the selected site until a desired temperature is obtained.

115. (Previously presented) The method of claim 93 wherein delivering sufficient energy to the first and second selected sites to effect a contraction in at least a portion of collagen containing tissue at the selected sites causes fluid medium in a vicinity of the portion of collagen containing tissue to increase in thermal energy, producing a thermal feedback signal comprises sensing an elevated composite temperature due to the increased thermal energy in the fluid medium, and delivering an adjusted level of energy comprises delivering a lower level of energy to reduce stray contractions caused by increased thermal energy in the fluid medium.

116. (Previously presented) A method of delivering energy to contract tissue, the method comprising:

providing an energy delivery device including a distal portion having a thermally conductive material and a sensor completely enclosed by the thermally conductive material, the sensor being positioned within the thermally conductive material to detect a thermal energy;

delivering sufficient energy with the distal portion of the energy delivery device to a selected area of collagen containing tissue to effect a contraction of collagen in at least a portion of the collagen containing tissue by moving the distal portion of the energy delivery device back-and-forth over a surface of the selected area to cover the selected area;

contacting a selected site within the selected area that has previously been elevated to a desired temperature for a desired period of time as a result of the delivery of sufficient energy with the distal portion of the energy delivery device; and

adjusting a level of energy delivered by the energy delivery device to the selected site based on a composite of the thermal energy detected from the selected site and from an adjacent fluid medium.

117. (Previously presented) The method of claim 116 further comprising:

producing a thermal feedback signal which represents the composite of the thermal energy detected from the selected site and from the adjacent fluid medium, wherein adjusting the level of energy delivered by the energy delivery device to selected site is based on the thermal feedback signal.

118. (Previously presented) The method of claim 116 wherein the collagen containing tissue comprises one of a ligament, a joint capsule, or a tendon.